

## Depression session 6

Materials: Guide slides 1-9, List of pleasant activities, List of positive and negative contacts with people, Weekly plan

Topic	Material	Advisor text
Introduction to session	Guide 1  How depression works visual	<ol style="list-style-type: none"> <li>1.You remember this diagram of how depression works. Bad things that have happened to you in the past, or current stresses, affect how you think about things and about yourself.</li> <li>2.These thoughts affect how you feel and how you feel affects how you act or behave.</li> <li>3.When you THINK bad or negative things you are going to have depressed feelings.</li> <li>4.When you are feeling depressed you tend to withdraw from other people and not do things that might make you feel better. And then you feel more depressed. We call this a vicious cycle.</li> <li>5. Today we are going to focus more on how other people can affect your mood.</li> </ol>
Review Take Home Project progress	Guide 2 Take Home Project sheet List of Pleasant Activities Plan for the week	<ol style="list-style-type: none"> <li>1.How have your moods been? What activity were you able to do with someone or where you might meet people? How was your mood during and after the activity?</li> <li>2.What other pleasant activities have you done?</li> <li>3.Did you ask for help with a need? How did it go?</li> </ol>
Problems with trust	Guide 3	<ol style="list-style-type: none"> <li>1.Let's talk today about how people can affect your mood. Bad experiences in the past can contribute to your having negative thoughts and those bad experiences can also make it hard to trust people.</li> <li>2.When you were a child, you were dependent on those people and might have had to learn to live with relationships that were unhealthy. You may have learned to be hostile or aggressive to protect yourself, or you may have learned just not to ask for what you needed because you thought people would let you down.</li> <li>3.Or you may have wanted to be cared for so much that now you trust people too quickly and end up letting them take advantage of you or hurt you. Are any of those things true for you? How do they affect your relationships? <i>Encourage her to discuss aspects of hostility, trust and exploitation in any her relationships.</i></li> <li>4.But now that you are an adult, you can choose to associate with people who are helpful and supportive of you. Having positive relationships will reduce depression.</li> </ol>
Identifying positive and	Guide 4	<ol style="list-style-type: none"> <li>1.How do you know if a relationship is positive or negative? You have a positive relationship with someone if that person makes you feel good about yourself, helps you if you have a need and offers</li> </ol>

negative relationships		<p>good advice or is a good role model.</p> <p>2. A relationship is negative when that person often lets you down if you have a need, takes from you but rarely gives back, hurts you physically or emotionally and makes you feel bad about yourself. Can you tell me which of your relationships are positive, which are negative, and which are mixed? <i>Bring in relationship information from above if she does not add it.</i></p>
Power and Control wheel	Guide 5	<p>1. Relationships in which you are abused either physically or emotionally are especially unhealthy. Even if you are not hurt physically someone can exert power and control over you in negative ways.</p> <p>2. This power wheel shows you the ways in which someone exerts power: by using threats or guilt or putting you down, by keeping you away from other people (not letting you talk on the phone or go out), by restricting the money you have, or by keeping your children from you or turning them away from you.</p> <p>3. Is this true for any of your relationships now or in the past? You have a choice. You need to pick relationships that will help you, not hurt or control you.</p>
Changing relationships	Guide 6	<p>1. No relationship is perfect. You may be able to make a relationship more positive by changes in how you think about or act with that person. For instance, if you keep thinking you can't trust someone, or you keep thinking that they are criticizing you, you may need to revise your thoughts.</p> <p>2. You may need to change your behavior with that person. You may need to be more assertive in expressing your needs or wants, not in a hostile way, but you deserve to be treated fairly.</p> <p>3. Plan ahead how you will change your thoughts or actions. Afterward think about what made you feel good or bad.</p> <p>4. Who might you want to think or act differently with? How will you change? <i>Use for Take Home Project</i></p>
Consequences of changing behavior	Guide 7	<p>1. You may need to be prepared for the consequences of changing your behavior. If the other person really was taking advantage of you, they may not stick around. You may lose the relationship.</p> <p>2. You may increase the other person's abusive behavior if they see you trying to change and we need to be sure you are safe. While you are learning how you can change relationships we do not want you to put yourself in danger. The important thing is keeping yourself safe.</p> <p>3. But you need to remember that you have choices about the people you associate with. You do not deserve to be hurt either physically or emotionally.</p>
Review Take	Guide 8	<p>1. This week use this chart to note positive and negative contacts with people.</p>

Home Project	<p>Take Home Project Sheet</p> <p>Guide 9 Contacts with people chart sample</p>	<p>2. Practice thinking and behaving differently with the person you decided on.</p> <p>3. Plan another activity with someone and put it on your weekly plan</p> <p>How do you feel about today's plan. Do you anticipate any problems we need to plan for?</p>
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